

Boston's Age Strong Commission

Weekly Digest

March 14 - March 20, 2022

Information & opportunities for Boston's older adults

Temporary Protective Status & Legal Resources for Ukrainians in Boston



LEGAL RESOURCES FOR UKRAINIANS IN BOSTON
Tuesday, March 15 at 6 p.m. (EST)

Join us for a webinar with an immigration lawyer about Temporary Protected Status (TPS) and other legal resources.

CITY of **BOSTON**  Immigrant Advancement

Join the City of Boston Mayor's Office for Immigrant Advancement (MOIA) on Tuesday, March 15 at 6pm to hear from an immigration attorney about TPS and immigration legal resources for Ukrainians in Boston. This webinar will include an overview of Temporary Protected Status (TPS) for Ukrainians currently in the US, the refugee resettlement process, and visa processing options for Ukrainians abroad. There will be time for participants to ask questions, but case-specific questions and individual information will not be addressed.

Simultaneous interpretation on Zoom in Ukrainian and Russian will be provided. This webinar will also be livestreamed on Facebook Live at facebook.com/BOSimmigrants and the video will be available after the event. To register, click [here](#).

WEEKLY DIGEST
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Stay Connected to Age Strong:

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366
agestrong@boston.gov
boston.gov/agestrong



@AgeStrongBos

AGE+



City of Boston
Age Strong
Commission



MONDAY, MARCH 14

9am

Age Strong Virtual Chair Yoga

No registration necessary

Click [here](#) for more information.

11:30am

Age Strong Virtual Meditation

No registration necessary

Click [here](#) for more information.

5pm

Parks: Virtual Fitness: Dance Fit

Click [here](#) to register & for more information.

TUESDAY, MARCH 15

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information..

11am-1pm

Knit/Crochet Circle

Boston Public Library: Roslindale Branch

4246 Washington Street, Roslindale

Click [here](#) for more information.

11:30am-12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Click [here](#) for more information.

2pm

BPL Virtual: Dr. Muriel R. Gillick: "Getting Medical Care that's Right for You: "Preparing Yourself & Family Caregivers to Make Informed Choices"

Click [here](#) to register & for more information.

6pm

BPL Virtual: "Quarantine on Boston Harbor: the Islands and Public Life"

Click [here](#) to register & for more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click [here](#) to register & for more information.

WEDNESDAY, MARCH 16

10:30am

BPL: Older Adults' Chair Yoga

Boston Public Library: West End Branch

151 Cambridge Street, West End

Click [here](#) to register & for more information.

11am

Parks: Virtual Fitness: Chair Yoga

Click [here](#) to register & for more information.

11:30am

Age Strong Virtual Yoga

No registration necessary

Click [here](#) for more information.

**DID YOU KNOW YOU COULD
SAVE UP TO \$1,500
ON YOUR PROPERTY TAXES?**



**JOIN AGE STRONG'S PROPERTY TAX
WORK-OFF PROGRAM**

*Our mission is to enhance the lives of
Boston's older adults with meaningful
programs and resources.*

ABOUT PTWOP

- Qualified older homeowners could volunteer up to 106 hours for the City of Boston, in exchange for a property tax abatement of up to \$1,500 per fiscal year.

REQUIREMENTS

- Age 60+
- Gross income:
\$40,000 or less if single
\$55,000 or less if married
- You must own & occupy property 3+ years & occupy property as a primary residence.

HOW IT WORKS



Step 1

Submit your application with all supporting documents by July 1, 2022.



Step 2

If approved, we'll match you with a volunteering opportunity.



Step 3

When you complete the hours, you'll receive a property tax abatement.

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City of Boston
Age Strong Commission
Mayor Michelle Wu

617-635-5741
lisa.martins@boston.gov

12noon-3pm**Free Immigration Legal Consultations**Click [here](#) for more information.3pm**BPL Virtual: Shelf Service Live:
Personalized Reading Recommendations
from BPL Librarians**Click [here](#) to register & for more information.4-7pm**BPL: Free Tax Preparation (Drop-Off
Remote Only)**Click [here](#) to register & for more information.**THURSDAY, MARCH 17**1pm**BPL Virtual: Lunchtime
Science Fiction/Fantasy Short Story Club**Click [here](#) to register & for more information.2:30-5:30pm**The Dudley Winter Market**

11 Brook Avenue, Roxbury

Click [here](#) for more information.3pm**BPL Virtual: Book Discussion Group
"If Beale Street Could Talk" by James
Baldwin**Click [here](#) to register & for more information.6:30pm**Parks: Virtual Fitness: Zumba**Click [here](#) to register & for more information.6:30pm**BPL Virtual: Book Discussion: "Inheritance"**Click [here](#) to register & for more information.7:30pm**Celebrity Series of Boston
Digital Concert: Charles Overton, solo harp**Click [here](#) to register & for more information.**FRIDAY, MARCH 18**10am-12noon**BPL Virtual: Drop-in Office Hours: Legal
Services Center**Click [here](#) to register & for more information.11:30am**Age Strong Virtual Zumba**

No registration necessary

Click [here](#) for more information.12:30pm**Parks: Virtual Fitness: Chair Meditation**Click [here](#) to register & for more information.**SATURDAY, MARCH 19**10am-1pm**Dorchester Winters Farmers Market**

6 Norfolk Street, Dorchester

Click [here](#) for more information.10am-2pm**Dog Licensing & Low-Cost Rabies Clinic
BCYF Roche Community Center**

1716 Centre Street, West Roxbury

Click [here](#) for more information.**SUNDAY, MARCH 20**12noon-3pm**Roslindale Farmers Market**

19 Corinth Street, Roslindale

Click [here](#) for more information.

BECOME AN AMERICORPS RSVP VOLUNTEER



Let's Help Boston's Older Adults
Get Access to Food

Make Local Deliveries or Volunteer at a Local Pantry

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule



To Register, Call:

Monique Carvalho at 617-635-4374

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City of Boston
Age Strong Commission
Mayor Michelle Wu



AmeriCorps

GIVE BACK

As an AmeriCorps
Volunteer Tax Preparer!!!

Help older adults maximize
their state and federal refunds.



- Help provide **no-cost tax preparation** services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



- Must Be 55+
- Complete a CORI check

For more information, contact
Monique Carvalho 617-635-4374
Monique.Carvalho@Boston.gov

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Age Strong Commission
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AmeriCorps
Seniors



WINTER SAFETY TIPS

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

Boston.gov/cold

CITY of BOSTON

BOSTON 2022 CITIZENSHIP DAY



Mayor's office for
**IMMIGRANT
ADVANCEMENT**

SATURDAY, MARCH 26

**RECEIVE FREE HELP WITH YOUR
CITIZENSHIP APPLICATION!**

You must:

- Be at least 18 years old
- Be a legal permanent resident for 5 years or 3 years if married to a U.S. Citizen

CALL NOW FOR AN APPOINTMENT



(617) 694-5949

ProjectCitizenship.org

**COVID-19 protocols will be in place on Citizenship Day on March 26.*



TELLING YOUR STORY!

Join this two-week writing workshop and learn how to turn your favorite memories into micro-stories, memoirs, and personal memory maps – FREE on Zoom. Offered by Age Strong Boston and Write the World.

JOIN US:

Tuesdays from 7PM to 8PM on March 8 & March 15

OR

Wednesdays from 11AM to NOON on March 9 & March 16

TO REGISTER, OR FIND OUT MORE CONTACT:

Renee Frechette renee.frechette@boston.gov 617-635-4168

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City of Boston
Age Strong Commission
Mayor Michelle Wu



Write the Family



FREE!
MEETS
ONLINE!

Walk Up

Free COVID-19 Testing

Bruce C. Bolling Building

2300 Washington Street

Roxbury, MA 02119

Tuesdays - Saturdays

12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)



Call the Mayor's Health Line at 617-534-5050
for more information

HEY, BOSTON, COME ON BACK!
TAX SITES ARE OPEN & SAFE. CALL FIRST

Mayor's Office
BOSTON TAX HELP COALITION



FREE TAX SERVICES



Over **180,000** taxpayers served
Over **\$320 million** dollars returned directly to taxpayers' pockets

Maximize your refund; get all the credits available to you, even if you have no income
Advanced Child Tax Credit, Stimulus Payments, EITC, Healthcare credits

Save for Emergencies and Plan for the Future
Open a Bank Account, Purchase a Savings Bond, Fix and build your credit

Residents welcome even if undocumented
Apply for an ITIN or file your taxes with a current ITIN, bilingual tax prep available

BostonTaxHelp.org | 617.635.4500







 fb.com/BostonTaxHelp
 @BosTaxHelp
 @BostonTaxHelp



Hearing Loss?

Will you hear your smoke alarm?

The Boston Fire Department will install a free bed shaker alarm with smoke and CO detectors to ensure you will be able to respond in the event of an emergency. For installation and additional information please call 617-343-3337 or email michelle.mccourt@boston.gov



Here is how the HLAC works:

Ordinary T-3 smoke alarm

Patented Lifetone™ technology constantly listens for your smoke alarm

Bright orange screen flashes "FIRE"



Powerful pulsating bed shaker vibrates

The LOUD low-frequency 520 Hz T-3 alarm sounds
A baritone voice says "FIRE! GET OUT!"

Am I eligible for a COVID-19 booster shot?




Who?

Individuals 12+ who are fully vaccinated*
*Individuals age 12-17 can only get the Pfizer booster



When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster





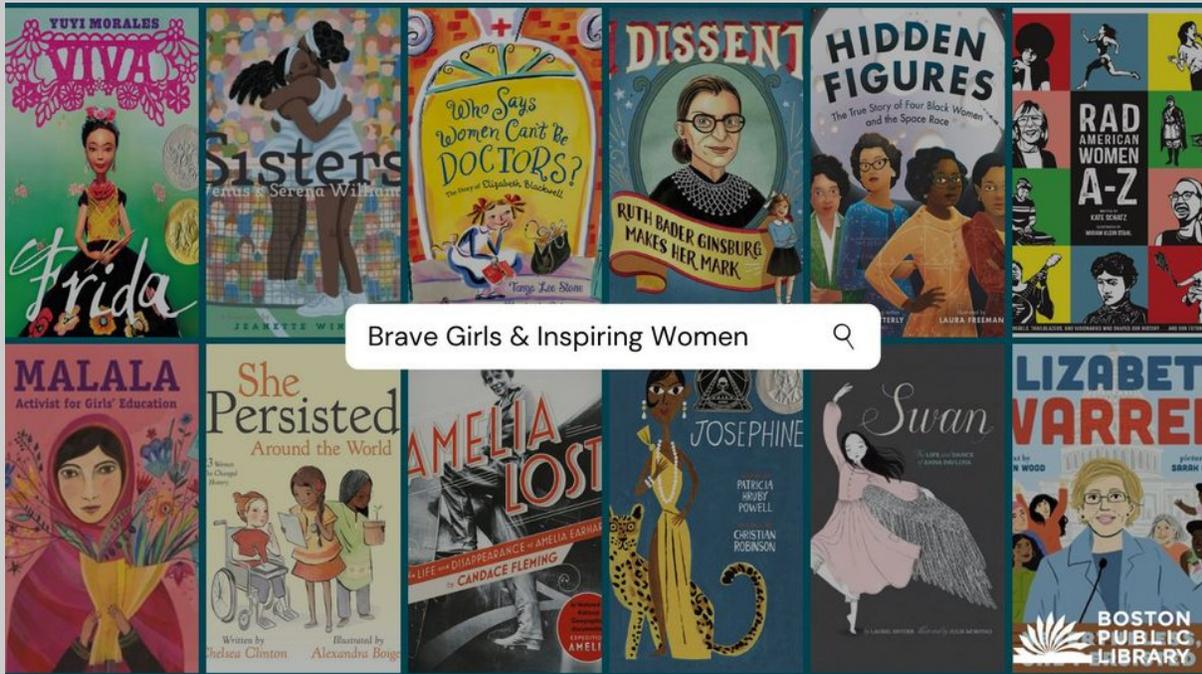
City of Boston
Immigrant Advancement

FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

immigrantadvancement@boston.gov

617-635-2980

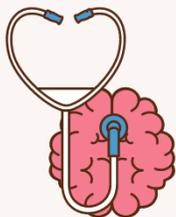


Celebrate Women's History Month with a book about brave girls and inspiring women from the Boston Public Library. Check out the Women's History booklist here: bit.ly/BPLWomensHistory



MASSACHUSETTS
Alzheimer's Disease
Research Center

BOOST YOUR BRAIN



WHAT'S GOOD FOR THE HEART IS GOOD FOR THE BRAIN



The Massachusetts Alzheimer's Disease Research Center (MADRC) encourages you to make brain health a priority in 2022 and beyond!

Studies show that heart-healthy behaviors can lower your risk for developing dementia. To learn how Diet, Exercise, Sleep and Social & Mental Activity contribute to brain health, scan the codes below.

DIET



EXERCISE



SLEEP



SOCIAL & MENTAL



LEARN

For more information about brain health, visit:

www.madrc.org/brain-health/

COVID-19 Vaccine in Boston

The COVID-19 vaccine is an important and effective tool to keep ourselves and our communities safe. Along with wearing masks, social distancing, and frequent handwashing, the vaccine will help us end the COVID-19 pandemic. Click [here](#) for more information.

Need help booking an appointment?

Older Boston residents that are interested in the COVID vaccine and who need help with online registration or transportation should contact the Age Strong Commission at 617-635-4366 for vaccine assistance.

